

Basic First Aid Supplies

- ☐ first aid book (in your preferred medium)

Bandaging

- ☐ sterile gauze pads and roller gauze (assorted sizes)
- ☐ triangular bandages
- ☐ adhesive bandage strips of assorted sizes
- ☐ nonstick bandages
- ☐ roll of adhesive tape
- ☐ sterile cotton balls
- ☐ cotton swabs
- ☐ eye patches

Antiseptics, Ointments, and Treatments

- ☐ cleansing agent, like soap
- ☐ antimicrobial hand wipes
- ☐ antibacterial ointment
- ☐ antiseptic solution
- ☐ topical sting relief

Tools

- ☐ pair of small scissors
- ☐ pair of tweezers
- ☐ thermometer that is easy to use and read
- ☐ safety goggles

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Supplies

- ☐ instant-acting cold packs for sprains or bruises
- ☐ small paper or plastic cups to administer fluids or cover wounds
- ☐ disposable latex gloves
- ☐ disposable mouth/nose cover
- ☐ safety pins in assorted sizes
- ☐ emergency blanket (e.g., space blanket)
- ☐ biohazard waste bag
- ☐ germicidal floor wipes

Additional Items (Consult your physician or pharmacist.)

- ☐ pain and fever reliever
- ☐ antihistamine lotion or medication
- ☐ antidiarrheal medication
- ☐ laxative
- ☐ antacid for upset stomach
- ☐ emetic, if instructed by the poison control center to induce vomiting following poisoning
- ☐ vitamin supplements
- ☐ eyewash (large amounts of sterile water also work well)
- ☐ rubbing alcohol